



# BE CHILL

## A YOUTH PROGRAM

A program incorporating the foundations and values of Yoga with life skills, educational workshops and fun activities that are designed to engage, empower and connect Chilliwack Youth within the community. In this program, we will focus on Yoga and Restorative Justice Values; Balance, Community, Honesty, Integrity, Lifestyle and Learning.

Studio B Yoga Inc. and Chilliwack Restorative Justice & Youth Advocacy Association are proud to partner together to bring this program to youth, **FREE** of charge. There will be a number of local business owners and community partners who have also joined forces with us to bring you their expertise and time for each topic covered.

The program will begin Friday, October 14<sup>th</sup>, 2016 from 3:30pm-5:00pm at Studio B Yoga Studio, #8-45540 Market Way, Chilliwack. The program will run for 9 weeks following the schedule below:

October 14 <sup>th</sup>	Balance
October 21 <sup>st</sup>	Balance
October 28 <sup>th</sup>	Community
November 4 <sup>th</sup>	Community
November 18 <sup>th</sup>	Honesty and Integrity
November 25 <sup>th</sup>	Honesty and Integrity
December 2 <sup>nd</sup>	Learning and Lifestyle
December 9 <sup>th</sup>	Learning and Lifestyle

Please see the attached Application Form and submit either in person to one of the two addresses below:

#8- 45540 Market Way, Chilliwack  
45877 Wellington Avenue, Chilliwack  
Or via email to [kaley@restoringjustice.ca](mailto:kaley@restoringjustice.ca)

***All applications must be received no later than October 5<sup>th</sup> at 5pm.***



### Application Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Contact: Home \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Emergency Contact Information: \_\_\_\_\_

Any Allergies or Medical Conditions: \_\_\_\_\_

Why do you want to be a part of this program: \_\_\_\_\_

\_\_\_\_\_

What are some of your strengths: \_\_\_\_\_

\_\_\_\_\_

Hobbies & Interests: \_\_\_\_\_

\_\_\_\_\_

Volunteer experiences: \_\_\_\_\_

\_\_\_\_\_

Career Interests: \_\_\_\_\_

Chilliwack Restorative Justice  
& Youth Advocacy Association  
45877 Wellington Avenue  
Chilliwack, BC V2P 2C8

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Email: [kaley@restoringjustice.ca](mailto:kaley@restoringjustice.ca)